

Cheshire Walkers

Walks Programme

October 2010 to March 2011

There will also be updates on the website:

<http://www.cheshirewalkers.org.uk/>

October 2010

Date	Sunday. 11.00am - note the later start time		
3 rd October	The Churnet Valley – Staffordshire. A canalside walk.		
	An ideal walk for new members, shorter than usual, 5 miles and the terrain is flat, although muddy in places, hence walking boots essential. We follow the Caldon Canal through lush countryside, with glimpses of the steam railway, which breaks the very peaceful atmosphere. We will stop at the Black Lion on route for a pre lunch drink. Lunch by a quiet lock, before continuing to Cheddleton Station, and taking the steam train back to Froghall. The tea room on Froghall station is a delight, amazing cakes !!!		
	Start Point:	Grid Ref: Froghall & Kingsley Station. Gr SK025470 Car park free. Steam train single fare £5.50. Directions: From Macclesfield, take the A523 to Leek, and continue on the A523 Ashbourne Road for 4 miles, turning right onto the B5053, through Ipstones. Turn right onto the A52 at Froghall, and after 100m turn left into the station car park. From the westward direction A34 / A52 , Froghall is 9 miles east of Stoke on the A52.	
	Distance:	5 Miles	Level: Easy
	Leader:	Alfred	Tel: Alfred.smcc@btinternet.com e-mail:

Date	Sunday: 10.00am		
10 th October	North East Wales: Llanarmon Dyffryn Ceiriog		
	One of Wales's best kept secrets. A pleasant walk with extensive views. We follow a section of the Upper Ceiriog Trail (UCT) across Cefn-Hir-Fynydd. The return walk takes us on a section of the Ceiriog Valley Walk (CVW) through upland tracks, fields and woodland.		
	Start Point:	Llanarmon Dyffryn Ceiriog - Village Hall Car Park Grid Ref: SJ 157328 Directions: Llanarmon Dyffryn Ceiriog - Village Hall Car Park - off the B4500. The car parking is free. As you enter the village, the village hall is on the left. Car parking spaces are limited, so please try and car share if possible. There are public toilets.	
	Distance:	16.1km (10 Miles)	Level: Moderate
	Leader:	Sarah	Tel: 07946034492 e-mail: sarahdunlea-jones@hotmail.co.uk

Date	Sunday. 10.00am		
17 th October	Cheshire. Primrose Hill and Kelsall		
	A pleasant, long, easy walk through Delamere Forest and the surrounding countryside. We will be waking along the Sandstone Trail through both Eddisbury Wood and Primrose Wood and the well known Sandstone Gorge of 'Urchin's Kitchen'.		
	Start Point:	Meeting Point Grid Ref: 541687 which is a car park by an old lodge just of the A54 just past the junction with the A556	
	Distance:	12 miles	Level: Easy
	Leader:	Alison	Tel: 07821 393 879 please text to let me know you are coming or phone e-mail: Evening Only for more details. ajwoodward73a@hotmail.co.uk

24th October	<i>Sunday 10 am</i>		
	Shropshire: Caer Caradoc & The Lawley		
	These two ridges are on the quieter eastern side of Church Stretton and offer glorious views of the surrounding countryside. The walk includes some steep ascents, the highest point being the summit of Caer Caradoc at 459m.		
	Start Point:	Car park at Lion's Meadow, Church Stretton, next to the Co-op supermarket. Follow the A49 from Shrewsbury, turn right into Church Stretton (B4371) then left into the High Street. Lion's Meadow is 2 nd left. Postcode for satnav users is SY6 6BX. Grid reference SO 454 936.	
	Distance:	10 Miles	Level: Strenuous
	Leader:	Nigel	Tel: 07971 063709 nigel.a.rimmer@btinternet.com

Date	Sunday. 10.00am		
31 st October	Snowdonia: Carnedd Dafydd, Carnedd Llewelyn		
	An epic walk taking in the second highest peak in Wales Carnedd Llewelyn. Depending on weather conditions we could do a Grade 1 scramble to Foel Meirch and ascend to Carnedd Dafydd at 1044m. Then along a ridge to Carnedd Llewelyn at 1064m and down to Yr Elen at 962m and back down to Bethesda.		
	Start Point:	GR SH624667 Free Car Park in Bethesda off the A5, Turn left at the car park sign up Victoria Street and right on to Pen-y-Graig.	
	Distance:	11 Miles	Level: Strenuous and Technical with possibly a Grade 1 scramble up Grib Lem
	Leader:	James	Tel: 07790095355 e-mail: jamesgosnold@hotmail.com

November 2010

Date	Sunday. 10.00am		
7 th November	Peak District: Edale - joint walk with the Ramblers North & Mid Cheshire District groups		
	There will be a choice of walks from moderate to strenuous and various distances.		
Start Point:	Grid Ref: 412406,385338 Directions: The Edale Carpark is well sign posted and is a pay and display carpark. Post Code - S33 7ZA		
Distance:	8-15 Miles/km	Level:	Moderate to Strenuous
Leader:	David	Tel:	07917781690
		e-mail:	davidjheys@googlemail.com

Date	Sunday. 10.00		
14 th November	Cheshire: Gritstone Trail Part II		
	Walk description to be advised.		
Start Point:	Grid Ref: Directions:		
Distance:	Miles/km	Level:	See notes
Leader:	Tracy	Tel:	
		e-mail:	princessdrive2005@yahoo.co.uk

Date	Sunday 10.00am		
21 st November	South Pennines: Saddleworth and Marsden		
	Home of the great poet Simon Armitage, the bleak, wind-swept moors around Marsden will inspire the poet in all of us.		
Start Point:	Grid Ref: SE017095 Directions: Brun Clough Reservoir car park (free) on the A62 at the top of Standedge cutting, which is rather annoyingly just on the top right corner of OS Map OL1 Dark Peak area, although most of the walk is actually on OL21 South Pennines 1:25,000 map.		
Distance:	10 Miles	Level:	Moderate
Leader:	Andrew	Tel:	07713 158299 (text preferred)
		e-mail:	goromgorom@googlemail.com

Date	Sunday. 10.00am		
28 th November	Lancashire: Free Holds Top		
	Following the Todmorden Centenary Way, the Rochdale Way, the Pennine Bridleway, and the Rossendale Way around the southern Pennines.		
Start Point:	Watergrove reservoir car park, grid ref: SD911176 (signposted from A58). The car park is at the end of a long cobbled road.		
Distance:	11 Miles	Level:	Moderate
Leader:	Tom	Tel:	07884493081
		e-mail:	tgrsellers@gmail.com

December 2011

Date	Sunday. 10.00am		
5 th December	Snowdonia: Pen Llithrig y Wrach and Pen yr Helgi Du		
	Any mountain whose name translates into the meaning 'head of the slippery slope of the witch' deserves investigation! From Capel Curig a walk over boggy moors to the steep (300m) ascent of Pen Llithrig y Wrach. This is followed by a descent and walk along the connecting ridge of Bwlch y Tri Marchog (pass of the three horsemen) and ascent (200m) to Pen yr Helgi Du (translation anyone?? <i>Ed. 'Head (or Peak) of the Black Wolf Hound?'</i>) Grassy descent of Y Braich with hopefully good views of Tryfan and the Ogwen Valley. Level walk then back to Capel Curig. NOTE - this is a high level mountain walk in short daylight hours with some indistinct paths and I reserve the right to change to a low level in case of gales, heavy rain, snow etc that would make it unsafe to take a group up, or cause hazardous travel. Please check the web site for last minute changes and ensure you tell me you are coming! <i>Ed. Sounds like it could be the Glyders all over again!!</i>		
	Start Point:	Grid Ref: SH 721 582 Directions: Car park behind the café in Capel Curig. Free parking, toilets nearby, but can get busy.	
	Distance:	9 Miles/14km	Level: Strenuous
	Leader:	Fiona McLean	Tel: 07889 177976 e-mail: Fiona.ngc1976@sky.com

Date	Sunday. 10.00am		
12 th December	Cheshire: Northwich and Marbury Park		
	Starting at Carey Park on the edge of Northwich Town centre, wander through the parks, nature reservoirs, and meres to the north of Northwich, travelling up to Arley Hall and Marbury Park, Budworth Mere and the flashes.		
	Start Point:	Grid Ref: 366106,374395 Directions: The Carpark for Carey Park is off Leicester Street, which can either be reached from the A559/B5057 roundabout or through Northwich Town centre Post code: CW9 5LG	
	Distance:	10 Miles	Level: Easy
	Leader:	David	Tel: 07917781690 e-mail: davidjheys@googlemail.com

Date	Sunday. 10.00am		
19 th December	Christmas Walk and Meal - Cheshire: Shutlingsloe and Wildboarclough area		
	A pleasant amble around the Wildboarclough area from Blaze Farm to work up an appetite for turkey and trimmings!		
	Start Point:	Grid Ref: SJ974675 Directions: Blaze Farm is on the A54 from Congleton to Buxton and is well signed.	
	Distance:	5 Miles approx	Level: Moderate
	Leader:	Andrew	Tel: 07713 158299 (text preferred) e-mail: goromgorom@googlemail.com

Date	Sunday		
26 th December	No walk planned		
	Start Point:	Grid Ref: Directions:	
	Distance:	Miles/km	Level:
	Leader:		Tel: e-mail:

January 2011

Date	Sunday. 09.45am		
2 nd January	Lancashire Coast: Freshfield to Crosby - a linear coastal walk		
	To start the New Year, a linear walk along the Sefton Coastal Path, with views out into the Irish Sea and the Welsh Hills beyond, and Anthony Gormley's ' ' Another Place ' ' statues. Walking boots essential, terrain is flat, but plenty of sand !! Do please let me know if you are able to come.		
	Start Point:	Grid Ref: SD291082 :- Freshfield Station. Victoria Road Directions: Suggest M57 to the end, signposted ' Bootle ', A5036 for about 200m and take the RIGHT at the first lights, (the police stn is on the corner), the road bends sharp right, keep on this road, at the traffic lights, it's straight over but the road bears slightly right over this junction. At the A565 turn right, keep on ths road for 3 miles, take the Formby sign at the roundabout, and follow into Formby (Waitrose in on the right), at the small roundabout go straight over and continue for about 1 mile, turn LEFT into Victoria Road, over the level crossing and immediately right into the free station car park. Finish :- Crosby - return from Blundellsands and Crosby Station to Freshfield £ 2.45 single fare. Tea/ Coffee afterwards in Formby.	
	Distance:	9.5Miles	Level: Easy
	Leader:	Alfred	Tel: e-mail: Alfred.smcc@btinternet.com

Date	Sunday 10.00am		
9 th January	Cheshire: Lyme Park from Higher Poynton		
	A New Year visit to Lyme Park, the western-most fringes of the Peak District and the Middlewood Way. Fingers crossed for snow and sledging!		
	Start Point:	Grid Ref: GR SJ 944 834 Directions: Middlewood Way Nelson's Pit carpark . Nearest postcode SK12 1TE	
	Distance:	9 Miles	Level: Moderate
	Leader:	Charles	Tel: 07960 109067 e-mail: charles.walkden@gmail.com (e-mail preferred)

Date	Sunday. 10.00am		
16 th January	Peak District: Indians Head and Greenfields		
	This walk is in the northern area of the Peak District around the high moors of Saddleworth Moor. We will pass four reservoirs and ascend to The Trinnacle. We continue along the edge to Wimberry Stones, known locally as Indians Head.		
	Start Point:	Grid Ref: SE013034 Directions: Dovestones Car Park, Greenfield, Oldham	
	Distance:	10 Miles	Level: Moderate
	Leader:	Alison S	Tel: 07814 107902 e-mail:

Date	Sunday 10.00am		
23 rd January	Lancashire: Twiston Moor & Barley Green from Barrowford		
	This walk follows the Pendle Way from Barrowford, crossing some of the moors east of Pendle Hill.		
	Start Point:	Pendle Heritage Centre, Barrowford Grid Ref: SD862397 Directions: Leave the M65 at junction 13, and go into Barrowford on the A682. After a mile turn onto the B6247, the car park is on the left just after the turning.	
	Distance:	10 miles	Level: Moderate
	Leader:	Simon	Tel: 0161 4760669 e-mail: simon.gebbett@gmail.com

Date	Saturday/Sunday		
29 th to 30 th January	Lake District Weekend: Ambleside		
	Details TBA		
	Start Point:	TBC	
	Distance:	TBC	Level: Strenuous & Moderate
	Leader:	David	Tel: 07917781690 e-mail: davidjheys@googlemail.com

February 2011

Date	Sunday 10.00 AM		
6 th February	Snowdonia: Nantgwynant Valley		
	A moderate walk through the Nantgwynant Valley. A chance for those that want to visit the Snowdonia national park but don't care for the climbs. The delight of this valley walk has been described as of the most superb in Wales, having Snowdon as our backdrop helps as do the shimmering glacial lakes of LLyn Dinas and LLyn Gwynant on the Valley floor. But what really gives the scenery here a captivating quality are the remnants of Dinas Emrys a Celtic Fortress		
	Start Point:	Public car park at the rear of the TIC in the centre of the village, grid reference SH 590481. From Capel Curig follow A4086 then A498 into the centre of Beddgelert. Turn left over the bridge, then right just after the tourist information centre. Postcode for satnav users is LL55 4YE.:	
	Distance:	10 Miles	Level: Moderate
	Leader:	Craig	Tel: 07827 960184 e-mail: craig.horsfield@gmail.com

Date	Sunday. 10.00am		
13 th February	Cheshire: Gritstone Trail Part II		
	Walk description to be advised.		
	Start Point:	Grid Ref: Directions:	
	Distance:	Miles/km	Level: Easy
	Leader:	Tracy	Tel: e-mail:

Date	Sunday. 10.00am		
20 th February	Yorkshire: Flasby Fell from Skipton		
	A straightforward walk across the Flasby Fell from Skipton, with a return along the Leeds-Liverpool canal.		
	Start Point:	Grid Ref: SD987516 Directions: Coach Street car park, Skipton. Nearest postcode: BD23 1QY	
	Distance:	10 Miles	Level: Moderate
	Leader:	Charles	Tel: 07960 109067 e-mail: charles.walkden@gmail.com (e-mail preferred)

Date	Sunday. 10.00am		
27 th February	Peak District: Ladybower Reservoir Circuit		
	Starting from the Heatherdene car park this walk crosses all four ends of the reservoir on a circuit that climbs above the valley in a number of places, most notably by climbing up the steep Parkin Clough to Win Hill at the outset.		
	Start Point:	Heatherdene Car Park. This is on the A6013 road from Ladybower to Bamford, on the left just after crossing the reservoir. The car park costs £2.50 all day (as of September 2010), and has toilets! Grid Ref: SK 203859 Directions: From the A57 Snake Pass road continue across the reservoir bridge when you reach the reservoir, then turn right at the lights towards Bamford. Just after the bridge turn left into the signposted car park	
	Distance:	11.5 miles	Level: Strenuous
	Leader:	Simon	Tel: 0161 4760669 e-mail: simon.gebbett@gmail.com

March 2011

Date	Sunday. 10.00am		
6 th March	Denbighshire: Hiraethog, Llyn Brenig & Llyn Alwen.		
	The ascent on this long walk is kept to a minimum, leaving us to enjoy the majestic scenery around the two reservoirs in the centre of the Hiraethog forest.		
	Start Point:	Grid Ref: SH983574 Directions: Car Park (free) on the north-east side of Llyn Brenig (note this is not the main visitors centre). Toilets available. Take the A55 from Cheshire heading west. At St Asaph take the A525 towards Denbigh. At Denbigh take the A543 west. About 2 miles after Groes turn left (south-east) onto the B5435. After Nantglyn turn right (south-west) onto the B4501. After approx. 2 miles look for the turning on the left to Llyn Brenig and the Archaeological Trail.	
	Distance:	15 Miles	Level: Moderate
	Leader:	Andrew	Tel: 07788 923961 (text preferred) e-mail: goromgorom@googlemail.com

Date	Sunday. 10.00am		
13 th March	Snowdonia: Tryfan		
	A head for heights, loads of energy and bags of enthusiasm are a prerequisite for this walk. It's just a big climbing frame really.		
	Start Point:	GR SH659603 Opposite Llyn Ogwen and just before Tryfan, the third car park on the right which is also free. Turn left off the A55 on to the A5 and the car park is about 8 miles down the road, opposite the lake.	
	Distance:	4km (2.5 miles) or between 4 and 5 hours	Level: Technical - Grade 1 scramble
	Leader:	James	Tel: 07790095355 e-mail: jamesgosnold@hotmail.com

Date	Sunday. 10.00am		
20 th March	Bakewell, Chatsworth Park and the River Wye		
	Starting in Bakewell, this walk will take in 2 of the Peak District's great houses, Chatsworth and Haddon, as well as rivers, woodland, meadows and some great views.		
	Start Point:	Grid Ref: SK 221686 Directions: Bridge Car Park. Turn right after the old bridge onto Station Road and then keep right onto Coombes Road, then take first right.	
	Distance:	9 miles	Level: Moderate
	Leader:	Helen	Tel: 07801 585660 e-mail: hkarchibald@hotmail.co.uk

Date	Sunday. 10.00am		
27 th March	Snowdonia: Snowdon (Yr Wyddfa) and Yr Aran		
	This walk follows quieter paths on the south side of Snowdon. We will climb to Yr Aran (747m), then ascend the ridge to Bwlch Main and Snowdon (1085m), before returning on the Rhyd-Ddu path. This is a full day out in the mountains with steep ascents and possibly adverse weather conditions. You will need a good level of fitness, a head for heights, plus sufficient food and warm clothing.		
	Start Point:	Car Park at Rhyd-Ddu, GR SH 571 525. Follow the A4085 south from Caernarfon, the entrance to the car park is on the left as you are leaving the village.	
	Distance:	9 Miles	Level: Strenuous
	Leader:	Nigel	Tel: 07971 063709 e-mail: nigel.a.rimmer@btinternet.com

Looking Ahead: April 2011

Date	Sunday. 10.00am		
3 rd April	Lake District - Helvellyn from Thirlmere		
	A walk with extensive views over many mountain ranges and lakes including Thirlmere, Ullswater and Coniston Water. Initial steep ascent directly to the summit of Helvellyn from the car park, with views of virtually the whole length of Thirlmere. From the summit, we will have time to look down on Red Tarn and Striding Edge. Continue along the ridge to the south from Helvellyn to Nethermost Pike and Dollywagon Pike, and then descend to Grisedale Tarn, with views over Fairfield and St Sunday Crag. Final ascent up Seat Sandal, then down to Dunmail Raise and back to Thirlmere.		
	Start Point:	Wythburn Church car park - Thirlmere.	
	Distance:	9Miles	Level: Strenuous
	Leader:	Jay	Tel: 07801 933299 e-mail:

Date			
21 st to 24 th April	Easter Weekend: Isle of Man		
	TBA		
	Start Point:	TBA	
	Distance:	TBA	Level: TBA
	Leader:	Alison/Tom	Tel: TBA e-mail:

Other Stuff

Don't forget our website which includes the walks programme and any changes and updates

<http://www.cheshirewalkers.org.uk/>

If you don't have access to the internet you will definitely need to contact the walk leader beforehand as start points, and very occasionally the walks themselves, may change due to unforeseen circumstances.

Social events are organised on an ad hoc basis and advertised on the walks and by e-mail so keep your eyes and ears open!

We normally travel to the walks by car meeting promptly at the time and location given in the programme. Please call the leader by the day before the walk to let them know you'll be going. It may also be possible to arrange lifts with other members of the group.

Walk Conditions

Our walks cover a variety of terrains and are graded accordingly. The grades may also depend on the time of year.

Easy Access	Walks for anyone who does not have a mobility difficulty or a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
Easy	Walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
Moderate	Walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
Strenuous	Walks for experienced country walkers with an above average level of fitness. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness are advised to contact the walk leader in advance.
Technical	Walks for experienced and very fit walkers with additional technical skills. May require scrambling and use of ropes, ice axes and crampons. You must contact the walk leader in advance for further details.

The following are items of clothing and equipment which you should consider bringing on walks:

Comfortable Walking Boots (not trainers)

Waterproof Jacket & Overtrousers

Warm Clothing such as a jumper or fleece, gloves and hat.

Packed Lunch & Water

And remember - with your **Ramblers Membership** you can get discount on goods in many outdoor shops.

Ramblers Association Central Office

1-5 Wandsworth Road, London, SW8 2XX - Tel: 0207 339 8500

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